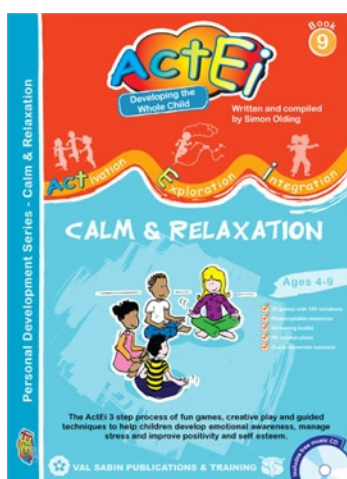




Free Resources from
www.achievementinmind.com



Improving Children's... Calm & Relaxed States



In today's world, children are bombarded by a constant stream of sensory and mental stimulation from the media, gaming, busy schedules and academic expectations, and quiet time becomes an increasingly rare commodity. A growing number of children and young people in our society are being diagnosed with anxiety and depressive disorders.

Using combinations of physical relaxation, breathing and positive visualisation techniques, the ActEi games in this book aim to increase relaxation, awareness of changing states of tension, ability to manage emotions, self control, positivity, happiness and more...

Innovative, fun and holistic - a fresh approach to movement education



The 3 books in the ActEi physical development series help children master basic and fundamental movements leading to improvements in the smooth performance of skill.



The 4 books in the ActEi sensory development series help children develop an awareness of their senses, increasing their ability to process sensations and improve physical performance.



The 2 books in the ActEi personal development series help children attain a greater understanding of themselves and increases their positive self concept and sense of who they are.

E The Restful Floor



5 minutes



Individually



track

Purpose: To induce a state of calmness and relax the sympathetic nervous system

Resources: None

HOW TO Explore

- Lie down on your tummies on the floor/mat. Your head is turned to one side and arms are loose by your sides.
- Breathe deeply in and out. As you breathe in feel your tummies pushing into the floor. As you breathe out, feel the floor moving away from your tummies.
- Focus on the rhythm of your breathing and the floor. Continue for 3 or 4 minutes.



IDEAS

Turn the head the other side half way through.

Feel the arms, legs, hands and the whole body pushing down and lifting in time with the breathing

Keep the eyes closed through the whole activity.



SIMON'S TIPS

When you're breathing correctly you will feel your tummy pushing out when you breathe in and shrinking when you breathe out. Feel the weight of your body sinking onto the floor as you breathe.